

> 1.3 Skeletons and movement

Focus

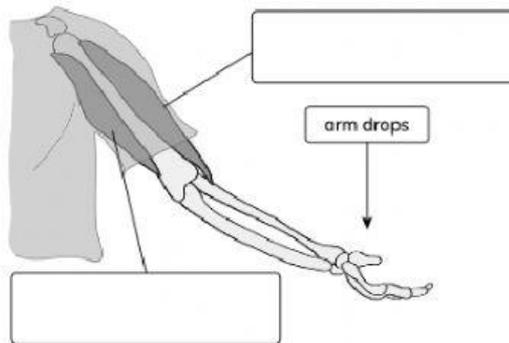
- 1 Complete the sentences to explain how the muscles in your arm work. Use each of the words in the box once.

When I lift a weight, the muscle at the front of my arm _____ and gets _____.

The muscle at the back of my arm _____ and gets _____. This shows that muscles work in _____.

pairs shorter
contracts longer
relaxes

- 2 Label the drawing showing the changes in the arm muscles when you lower your arm.



Practice

- 3 Fill in the missing words to complete the sentences about how our muscles work.

Muscles work by _____ on the _____ they are joined to.

Muscles work in _____. When one muscle _____, the other muscle _____. The muscle that contracts gets _____. The muscle that relaxes gets _____.